

Larue D. Carter Memorial Hospital The Carter Insider



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National Nurses Week to be Observed

The work of America's registered nurses is the focus of this year's **National Nurses Week**, which will be celebrated **May 6-12**. This year's theme is **"Nurses: Making a Difference Every Day."**

Annually, National Nurses Week begins on May 6, marked as RN Recognition Day, and ends May 12, the birthday of Florence Nightingale, the founder of nursing as a modern profession.

In honor of the dedication and commitment of its nurses, LCH is proud to recognize its nurses for the quality of work they provide seven days a week, 365 days a year. We salute: **Marita Barnett, Ruthie Bell, Derek Booth, Ervie Brooks, Joyce Currens, Harold Damery, Jane Dell, Jeanette Duncan, Alan Faulkner, Susan Froemming, Sue Godsey, Carmen Hampton, Bettye Johnson, Harold Khan,**

Delores Lawrence, Ann Lee, Paula McAfee, Kara McKinney, Liz Miller, Susan Nelson, Jason Nicoson, Carolyn Oldfather, Todd Rittman, Diane Schaaf, Linda Sims, Shawn Smith, Pamela Thompson, Chris Weigmann, and Penny Whitley. Thank you for all you do!



Did you know....?

- There are nearly 2.9 million registered nurses in the United States, but only 2.4 million of them are actively employed.
- The nation's nurses rank first for their honesty and integrity, with 82 percent of Americans rating them as "high" or "very high," according to the Gallup Poll.
- According to projections released from the Bureau of Labor Statistics, RNs top the list of the ten occupations with the largest projected job growth through the year 2012.
- There are over 240,400 advanced practice nurses in the United States.

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April Is Alcohol Awareness Month

The theme for this year's Alcohol Awareness Month is **"Saving Lives: Prevent and Reduce Underage Drinking."**

Underage drinking is a serious problem for many reasons. Individuals who begin using alcohol before age 15 are four times more likely to be alcohol-dependent than those

whose first drink is at the legal age of 21.

More than 67% of young people who start drinking before 15 will try an illicit drug. But as serious as the illegal drug problem is, **the most lethal drug is alcohol.** Alcohol use is more likely to kill young people than all illegal drugs combined. More than 1,700 college students are

killed each year (about 465 a day!) as a result of alcohol-related injuries. Keep in mind that this number doesn't even include alcohol-related injuries and deaths among high school or junior high teens. And a shocking 75% of 8th graders report it's easy to get alcohol.

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Hands-only CPR...Sometimes It's Just as Good



On March 31, 2008, the **American Heart Association announced a major change that will impact some CPR techniques.** The Association says that rapid, deep presses on a victim's chest work just as well as standard CPR for sudden cardiac arrest in adults.

Hands-only CPR calls for chest presses at 100 per minute until paramedics arrive with an automated external defibrillator. The hands-only CPR should be used for adults who unexpectedly collapse, stop

breathing, and are unresponsive—usually due to a cardiac arrest. During a cardiac arrest, the victim has ample air in the lungs, and compressions keep blood flowing to the organs.

However, when a child collapses, it is probably due to breathing problems. In that scenario, mouth-to-mouth breathing is required. Mouth-to-mouth is also required for adults who show a lack of oxygen due to a possible near-drowning, drug overdose, or carbon monoxide poisoning to get air into their lungs and

bloodstream.

Studies have shown that currently four out of five bystanders will not perform CPR because of the mouth-to-mouth breathing. The hope is that if people don't have to perform the mouth-to-mouth breathing, they will be more likely to do CPR on someone who needs it. This will help to save more lives because if someone just calls for emergency help but doesn't perform CPR during the wait for assistance, the victim has little chance of surviving.

Eating Out Doesn't Mean Pigging Out



Many restaurants are proud of their generous portions—and we love getting our money's worth. But some restaurant portions can be double or triple the serving size as defined by the U.S. Department of Agriculture. If many people dine out four or five times a week—as a recent study shows—that can add up to some serious overeating. But dining out doesn't have to mean pigging out. By following some common-sense tips, you

can make wise food choices even when you're dining out.

First, **keep serving size in mind.** A single **serving of meat** is about the size of a deck of cards. A single **serving of fruit, vegetables, or pasta/rice** is about the size of a computer mouse. A single **serving of cheese** is about the size of a C battery. A **serving of butter** is the size of one die.

Other things you can do in-

clude:

- Have water, black coffee, or unsweetened tea instead of an alcoholic beverage or a non-diet soda.
- Share an entrée.
- Plan what you want ahead of time and order before others so you don't get tempted.

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Alcohol Awareness Month (continued from page 1)



Repeated exposure to alcohol can produce long-lasting changes in brain function, and research suggests that such exposure produces more severe damage in the adolescent brain than in the adult brain.

Once again this April, as **part of Alcohol Awareness Month**, substance abuse staff undertook a month-long mission to help make patients and staff more aware of the dangers of excessive drinking.

Activities included AA meetings every Sunday and Wednesday evening, self-help drop-ins on Fridays during lunchtime, and recovery movies on Friday afternoons. Other activities included drop-in bingo, a poster contest, and the Parade for Recovery.

Alcohol Awareness Month will go out with a flourish on **Wednesday, April 30, at 1:00 pm in the auditorium** when patients get an opportunity to share their talents in the

Recovery Talent Show. The Talent Show is always one of the highlights of Alcohol Awareness Month.

Thanks go to all the substance abuse counselors, rehabilitation therapists, and other staff who always do a wonderful job making Alcohol Awareness Month an educational—and fun—experience for those who participate.

LCH Potpourri

The **Employee of the Month** for April is **Bettye Johnson**. **Bettye (photo below)**, the Unit Director for 2A, was well recommended for the honor—especially by the research staff. Congratulations!



LCH welcomes: **John Dearmin** (Steam Plant Operator), **Marquita Griffin** (Housekeeper), **Kelli Siler** (Attendant), **Darrell Smith** (Steam Plant Operator), **Angela Strahan** (Attendant), **Dilas Strahan** (Attendant), **Terry Tandy** (Housekeeper), and **Pamela Thompson** (Charge Nurse Supervisor).

We say goodbye to: **David Donald** (Attendant), **Ericka Small** (Attendant), and **Faye Warfield** (Attendant).

Congratulations go to

Bruce Beckham and **Val Tibbs** on their promotions to Transitional Care Specialists.

Happy retirement and best wishes to **Robert Chapman** on his retirement.

The winners of the National Nutrition Month unit decoration contest were rewarded with delicious fruit pizzas made by LCH dieticians, **Kelly Kessler** and **Kausar Siddiqi**. Winning units were: adult units 2A, 2C and 3E and youth units 4B and 4C.



Kelly & Kausar show off their delicious fruit pizza

Slip, Trip and Fall Prevention: Staying on Your Feet

Slips result from a change in the contact between feet and the walking surface. Good housekeeping, quality of walking surfaces, selection of proper footwear, and appropriate walking pace are critical for preventing fall accidents.

Common causes of slips are:

- Wet, smooth-soled or high-heeled shoes
- Wet or slippery surfaces

from occasional spills or weather hazards

- Loose papers, debris or mats
- Change in traction of walking surfaces

Reduce risk of slipping by:

- Taking your time and paying attention to where you're going
- Wearing footwear appropriate to activity, environment, and weather

appropriate to activity, environment, and weather

- Adjusting your stride to a suitable pace for the walking surface and task
- Making wide turns at corners
- Cleaning or reporting spills immediately

Slip, trip and fall prevention is a responsibility we all share.



Eating Out continued from page 2

- Avoid all-you-can-eat buffets.
- Opt for food that is steamed, grilled, roasted, baked, broiled, or poached.
- Steer clear of foods described as breaded, crispy, creamed, au gratin, basted, sautéed, escalloped, or fried.
- Tell the waiter to take the chips or rolls away.
- Order a box with your meal and set aside half of the meal before you start to eat.
- Ask for your salad dressing on the side, and then just dip the tines of your fork into the dressing for each bite.
- Don't clean your plate.

If you frequent certain chain

restaurants, you can go to their websites to see if they include calorie counts with a menu. You may also want to check **www.healthydiningfinder.com**, **www.leanplateclub.com**, **www.acaloriecounter.com**, or **www.foodanddiet.com**.

Many restaurants are trying to meet the increasing demand for more healthy food. But it all boils down to your choice of what and how much you eat.

“...dining out doesn't have to mean pigging out.”

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The Carter Insider

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April 2008

Our Vision

Our vision is to serve the citizens of Indiana as a center of excellence in mental health.

Our Mission

Our mission is to provide specialized treatment, education, and research in the field of mental health.



Quote of the Month:

"The longer I live the more convinced I become that life is 10 percent what happens to us and 90 percent how we respond to it."

Charles R. Swindoll

Training Opportunities

Selection and Interviewing (supervisors)

Date: May 7
Time: 9:00 am to 3:00 pm
Place: LCH, Board Room

Situational Leadership (supervisors)

Date: May 15
Time: 9:00 am to 3:00 pm
Place: LCH, Board Room

Performance Management (supervisors)

Date: May 29
Time: 9:00 am to 3:00pm
Place: LCH, Board Room

CPR

Dates: May 13 & 27
Time: 8:00 am to 3:00 pm
Place: LCH, 5th Floor

Computer Basics

Date: May 28
Time: 9:00 am to noon
Place: LCH, Computer Lab

Pre-retirement Planning Seminar

Date: April 24
Time: 8:30 am to 4:30 pm
Place: IN Government Center Auditorium
Topics: Social Security, Financial Planning,
PERF, Hoosier START, Medical Benefits, etc.

To register or for more information,
contact Al Jordan at extension 4340.

Save \$5 Per Vehicle when you renew your license plate on the BMV site!

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You will need:

- Driver license number
- Social Security number or Federal ID number
- Current insurance information
- Valid MasterCard or Visa debit or credit card



You may use the computers in the LCH library on your own time to take advantage of this opportunity.